

# Barley Buttermilk Pancakes

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**FNH-00404**

## Ingredients

1½ cups barley flour  
3 tablespoons white sugar  
1½ teaspoons baking powder  
½ teaspoon baking soda  
¼ teaspoon salt (optional)  
1½ cups buttermilk  
3 tablespoon canola or  
vegetable oil or melted butter  
2 large, slightly beaten eggs  
non-stick cooking spray or  
vegetable oil for greasing  
griddle or skillet

## Equipment

- 1-quart mixing bowl
- 2½-quart or larger mixing bowl
- wooden spoon or whisk
- measuring cups
- measuring spoons
- electric or stovetop griddle (or 12-inch skillet)
- metal spatula

## Method

1. Mix flour, sugar, baking powder, baking soda and salt together in bowl. Set aside.
2. Mix buttermilk, melted butter and slightly beaten eggs in 1 quart mixing bowl. Add to dry ingredients. Mix together until ingredients are just combined.
3. Let batter rest about 5–10 minutes.
4. Lightly butter, oil or spray electric griddle, stovetop griddle or frying pan. Preheat electric griddle or skillet to 350° F. Preheat stovetop griddle or frying pan over medium heat.
5. Pour ⅓ cup batter onto hot, lightly greased griddle or skillet for each pancake. Cook until top of each pancake is speckled with bubbles, some of the bubbles have popped and the underside of the pancake is golden brown. Flip the pancake and cook the second side until lightly browned.
6. Serve immediately or place on a plate in a 200°F oven to keep warm until ready to serve. Serve with butter and syrup.

Makes about 12 5-inch pancakes



**Total Cost: \$1.56**

**Cost per serving: \$0.26**

\*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

## Tips

- Try adding ½ cup, fresh or frozen, blueberries, sliced bananas or desired fruit to batter.
- Try adding chopped nuts of your choice to batter.
- Try adding ¼ cup oat bran. Increase liquid by 2–4 tablespoons to desired consistency.
- Try adding ½ teaspoon cinnamon and a pinch of nutmeg to the batter.
- Replace the butter and syrup with fruit and yogurt for a healthier alternative.
- Use powdered buttermilk. It is less expensive than fresh buttermilk and has a longer shelf life. Reconstitute according to package directions.
- If no buttermilk is available, replace it with 1½ cups milk and 3 tablespoons of lemon juice or vinegar.
- For thinner pancakes, add an extra 2–4 tablespoons liquid.
- For thicker pancakes, reduce liquid by 1–2 tablespoons.

## Nutrition Facts

Serving Size (110g): 2 pancakes  
Servings Per Container: About 6

Amount Per Serving

Calories 200      Calories from Fat 80

% Daily Value\*

**Total Fat** 9g      **14%**

**Saturated Fat** 5g      **25%**

**Trans Fat** 0g

**Cholesterol** 90mg      **30%**

**Sodium** 470mg      **20%**

**Total Carbohydrate** 24g      **8%**

**Dietary Fiber** 3g      **12%**

**Sugars** 9g

**Protein** 7g

Vitamin A 6%      • Vitamin C 2%

Calcium 15%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Butter and syrup

**Nutrition Facts** Serving Size (54g), Servings per Container, Amount per Serving: **Calories** 190, **Calories from Fat** 100, **Total Fat** 11 g (17% DV), **Saturated Fat** 7 g (35% DV), **Trans Fat** 0g, **Cholesterol** 30 mg (10% DV), **Sodium** 35 mg (1% DV), **Total Carbohydrate** 25 g (8% DV), **Dietary Fiber** 0g, **Sugars** 13 g, **Protein** 0 g, **Vitamin A** (6% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.





*This material is based upon work supported by the Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture, under Agreement No. 2003-45057-01644. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.*

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